

## AN AYURVEDIC PEDIATRIC CLINICAL EXAMINATION :- VEDANADHYAYA

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The field of Ayurveda is Broadly divided into eight elements. Kaumarbhritya refers to the science of diseases and care of children, right from conception till adolescence. Kashyap Vedic literature is doubtless the pioneer text throughout this branch of Ayurveda. The text is split in varied sections (Sthanas) of that Vedanadhyaya is twenty fifth chapter in Sanskrit literature sthana. It problems the symptomatology of various diseases in children and is a superb steering for pediatric examination and identification as children area unit unable to narrate their symptoms themselves. the present article reviews the primary text of the chapter and critically analyses it in light-weight of up so far bioscience. it's noticeable that Acharya Kashyap has fenced in an outsized vary of diseases pertaining to varied systems like skin, ENT, gastro-biliary, medical science and genitourinary apparatus and has together fenced in the Bal grahas. The symptoms drawn ar correct and low-cost in up so far scientific era together. Thus, Associate in Nursing intensive study of Vedanadhyaya is crucial for proper understanding of Ayurvedic perspective of pediatric illness and their common demarcating symptoms. It reinforces the browse that youngsters do not appear to be miniature adults and diseases in pediatric population have distinct choices and wish to be understood on a personal basis.

Keyword:- Kashyapa Samhita, Pediatric Clinical Examination, Vedanadhyaya.

### INTRODUCTION

Kashyap Vedic literature, the foremost revered book of facts out there on Kaumarbhritya, is conferred at intervals the sort of compilations of the preachings of Acharya Kashyap by his follower Vridhha Jivaka. With the lapse of some time, the book was lost in oblivion thus resurrected by Vatsya, UN agency procured it from Associate in Nursing Yaksha named Anayasa.[1] The Kashyap Vedic literature out there of late is actually one fourth or even however what it'd area unit in its original kind. fortunately we have got Vedanadhyaya intact that describes the clinical manifestations of various diseases of children. throughout this chapter Vridhha Jivak has asked his Guru Kashyap concerning the ways that of identification of unwell children, as most of them ar unable to clarify their complaints adequately. Kashyap has explained the answer very comprehensively.

Content of Vedanadhyaya and its relevancy

The various diseases delineated and their interpretation in context of contemporary science is as follows:

a). Shirah Shool (headache): within the event of headache, the kid rolls the top an excessive amount of, closes the eyes, moans, becomes uninteresting and insomniac.[2]

Relevance: Headache may be a common downside in pediatric medicine. The result of headaches on a child's educational performance, memory, temperament yet as college group action depends on their

etiology, frequency and intensity. A headache might sometimes indicate a severe underlying disorder (e.g., a brain tumour), and therefore careful examination of kids with repeated, severe or unconventional headache is obligatory. fashionable science holds that infants and kids answer a headache in haphazard fashion. Most toddlers cannot communicate the characteristics of a headache; rather they will become irritable and cranky, vomit, like a darkened area because of photophobia, or repeatedly rub their eyes and head. the foremost vital causes of headache in youngsters embrace sick headache, enlarged intracranial pressure and mental factors or stress. different factors embrace refractive errors, strabismus, rubor and disorder of teeth.[3] Acharya Kashyap has conjointly delineated similar options whereby `bhrisham shirah spandayati` refers to excessive rolling or movement of head because of irritability. Closing of eyes is because of photophobia related to headache. groaning and sleep disorder signify headache of severe intensity.

b). Trishna (Thirst): the kid full of thirst, doesn't get happy inspite of taking an excessive amount of breast- milk, cries, has dry lips and surface, depressed talu (fontanelle) is greedy of water and is weak.[4]

Relevance: Water intake or thirst is regulated by neural structure osmoreceptors. These osmoreceptors by linking to the neural structure, stimulate thirst once the body fluid osmolality will increase. Thus, thirst happens with atiny low increase in body fluid osmolality. it's conjointly excited by moderate intravascular volume depletion, the mechanism being mediate by angiotensin II and baroreceptors.[5] this can be sometimes encountered in symptom, that is that the leading explanation for beneath 5 mortality in Republic of India. The Trishna or thirst delineated by Kashyap correlates to moderate degree of dehydration, within which the kid is thirsty and drinks thirstily, restless, irritable, dry tongue and depressed orifice.[6]

c). Karna Vedana (Pain in ears): kid touches ears with hands, rolls head an excessive amount of, has dullness, eating disorder and sleep disorder.[7]

Relevance: Pain in ear or aching may be a common feature or ear infections like otitis and otitis. otitis is one amongst the foremost common infections of time of life. Anatomic options that build this cohort significantly vulnerable to ear infections embrace shorter, a lot of horizontally placed and compliant Eustachian tubes, which allow reflux of cavum secretions into the center ear.[8] Clinical options given in Vedanadhyaya correspond thereto of otitis wherever there's ear pain, ear tugging or rubbing, poor craving, excessive crying. the kid has Arati or dullness because of general options like fever and Aswapna or is unable to sleep because of constant pain.

d). Chakshu Rog (Eye Diseases): within the diseases of eyes (the options are) problem in wanting, prick pain, inflammation, pain, excessive activity, redness and also the eyes get unclean throughout sleep.[9]

Relevance: The symptoms delineate concerning eye diseases is nearer thereto of redness, inflammation, stye internum, ophthalmitis and alternative infective conditions of eyes. These ar characterised by pain, inflammation, gluing of eyelids, exaggerated activity, thick discharges and redness.

e). Mukha Roga (diseases of oral cavity): Excessive secretion, aversion to breast, dullness and pain, ejects the eaten milk and has nasal respiratory.[10]

Relevance: The clinical options delineate here represent a variety of diseases related to rima oris like periodontal disease, decay, aphthous ulcers, gingivostomatitis, rubor and redness. Swelling of gums causes excessive secretion whereas oral ulcers and tonsillar inflammation causes issue in feeding and painful drink. therefore the baby is reluctant to feed and expels the eaten milk.

f). Kantha Vedana (Pain In Throat): Ejects the eaten milk, suffers from constipation on taking substances having predominance of Sleshma, mild fever, eating disorder and lethargy.[11]

Relevance: Kantha Vedana here refers to any sickness within which pain in throat may be a outstanding feature like contagious disease, sore throat or rubor. contagious disease infection is characterised by native inflammation of the animal tissue surface, formation of membrane and toxemia. [12] the kid has fever and discomfort as delineate by Jwara, Aruchi and Glani. upset may be a usual symptom in contagious disease and rubor that results in ejection of eaten milk as delineate in Vedanadhyaya. Tender cervical lymphadenopathy is additionally found in microorganism sore throat which might be denoted as Kantha vedana.

g). Adhijihvika Roga (Diseases of epiglottitis): Excessive secretion, aversion from food and nausea, inflammation and pain on cheeks and kid typically keeps his mouth open. [13]

Relevance: Adhijivika roga correlates to acute rubor on basis of symptoms. rubor exhibits marked upset and high fever. this can be delineate in classics as aversion from food and nausea. kid typically sits up leaning forwards in rack position together with his neck extended and spit actuation from his chin, as conjointly enumerated within the text. Cough is often absent. [14] gap of mouth suggests countervailing mechanism to keep up airway.

h). Kanthashotha (Inflammation in throat): itch and inflammation in throat, fever, eating disorder and headache.[15]

Relevance: Kanthashotha is understood as sore throat since each have similar options of itch, pharyngitis and tubular cavity erythroderma. Fever is often associated in sore throat and itch of throat is taken into account a symptom feature of Kasa (cough) that is additionally the same old higher metabolic process grievance in sore throat. The symptom headache could also be because of associated cold, symptom and nasal obstruction.

i). Gala Graha (Diseases of throat): the kid has fever, anorexia, secretion and labored respiratory.[16]

Relevance: Gala graha might embrace the severe sort of varied diseases associated with throat that exhibit dyspnoea as a feature. this might embrace laryngotracheitis, supraglottitis, microorganism inflammation and pharyngo- rubor.

(j). Pandu (Anemia): In anemia there's swelling around omphalos, white of eyes, deformity of nails, loss of appetite and swelling in each eye-pits.[17]

Relevance: The clinical options delineate here jibe that of severe anemia that manifests as severe wanness of skin and nails. Periorbital swelling is additionally a feature of severe anemia whereas distension of abdomen could also be because of hepatosplenomegaly of haemolytic anaemia. Koilonychia is particular to iron deficiency anemia. attenuate appetite and fatigue also are general options of anemia.

(k). Jwara (Fever): Before onset of fever, the kid flexes the body elements repeatedly, yawns, coughs oftentimes and suddenly clings to the wet-nurse, doesn't prefer to hold breast, has secretion, heat, discolouration, excessive heat in forehead, eating disorder and coldness of feet.[18]

Relevance: The higher than symptoms signify irritability, physiological state, refusal to feed, discomfort and associated respiratory tract infection.

(l). Kamala (Jaundice): spectral color of eyes, nails, face, body waste and body waste is found among the child tormented by jaundice. In every the conditions (the child) becomes apathetic and loses process capability.[19]

Relevance: on prime of description signifies the acceptable knowledge of Acharya regarding sites for examination of icterus in baby and clinical manifestation of jaundice.

(m). Atisara (Diarrhoea): Discolouration of body, uneasiness in mouth, languor, insomnia, absence of functions of Vayu (flatus) etc. choices develops as manifestation of diarrhea.[20]

Relevance: These clinical manifestations tally signs of dehydration like condition of mouth, irritability and paleness owing to blood disease.

(n). Udara Shula (Pain in abdomen): In Udara shool, the child rejects the breast, cries, sleeps in supine position, has stiffness of abdomen and perspiration of face.[21]

Relevance: These symptoms are virtually like that of child pain whereby the baby has desolate cry, exhausting abdomen and refusal to feed.

(o). Arsha (Piles): The wasted child, tormented by piles has well designed solid stool or stool with blood, feeling of compression in anal region, cutaneous sensation and prick pain in anal region.[22]

Relevance: on prime of is Associate in Nursing acceptable description of development of pile mass in children owing to chronic constipation. exhausting stool causes downside in emission, erosion of anal animal tissue leading to blood in stool.

(p). Pinasa (Coryza): Baby tormented by Pinasa is mouth-breathing repeatedly throughout uptake of breast, has running-nose, hot forehead, child typically touches nasal orifices, sneezes and coughs.[23]

Relevance: on prime of might be a transparent image of respiratory illness in children with associated secondary organism infection of tract.

The chapter collectively includes apt description of the many totally different diseases like Chardi roga (Vomiting), Mutrakrichha (Dysuria), Ashmari (Vesical Calculus), Jantu dansha (Insect-bite) etc.

## CONCLUSION

A study of the chapter Vedanadhyaya clearly reveals the depth and clarity of clinical understanding of Acharya Kashyap. the choices given regarding medical specialty sicknesses closely match that of gift day bioscience. Acharya Kashyap has provided USA a sturdy diagnostic tool that's useful in day to day observe of pediatrics. He probably organized the muse stone of clinical pediatrics.]

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